

Lincoln Gears Up For RIMPAC

By MC1(SW) JOAQUIN JUATAI
Penny Press staff

USS Abraham Lincoln (CVN 72) got underway from Pearl Harbor, Hawaii, July 5, to participate in several weeks of training and exercises as part of Rim of the Pacific (RIMPAC) 2006.

RIMPAC brings together maritime forces from Australia, Canada, Chile, Peru, Japan, the Republic of Korea, the United Kingdom and the United States.

Lincoln will serve as the flagship for the exercise, as well as providing combat air patrol and anti-surface and submarine warfare assets from Carrier Air Wing (CVW) 2, on board Lincoln.

This year's exercise is the twentieth in a series of RIMPAC exercises conducted biennially since 1971. RIMPAC training operations will include participation by 35 ships, more than 60 aircraft and 18,000 Sailors, Airmen, Marines, Soldiers and Coastguardsmen.

RIMPAC is intended to increase the tactical proficiency of participating units in a wide array of combined operations at sea. By enhancing interoperability, RIMPAC promotes stability in the Pacific Rim region to the benefit of all participating nations.

Lincoln was in port at Pearl Harbor over the fourth of July holiday weekend. Sailors enjoyed RIMPAC sports competi-



Photo by MCSN Brandon Wilson

Sailors man the rails as Lincoln renders honors to the USS Arizona (BB 39) while departing Naval Station Pearl Harbor after a scheduled port visit. Lincoln and Combat Carrier Strike Group 9 are currently underway in the Hawaiian Operations Area to participate in the month-long Rim of the Pacific (RIMPAC) exercise.

tions such as soccer, volleyball, softball and more. Many of the competitions were

Turn to RIMPAC, Page 4

Abe Sailors Show Off in Underway Talent Show

By MC3(AW) M. JEREMIE YODER
Penny Press staff

Sailors aboard USS Abraham Lincoln (CVN 72) participated in a ship wide talent show June 27 while Lincoln was underway en route to Hawaii.

"Abe Jam 2006," organized by Lincoln's MWR committee, featured a number of acts including original songs, poetry, rapping and dancing that show was and was judged by a panel of Sailors.

One of the evening's unique acts was performed by Aviation Machinist Mate Airman William Jordan, who performed an acappella rendition of "God Bless the USA."

Jordan, a veteran karaoke singer and Sailor from Strike Fighter Squadron (VFA) 2 "Bounty Hunters," said that he performed the piece because it was the song that was played as he received his U.S. Navy ball cap in boot camp, and as such, the song had a profoundly special

meaning to him.

While the type of acts reflected a variety of tastes and interests, they were, according to Yeoman 2nd Class (SW) James P. Manabat, MWR committee secretary, representative of the diversity of Lincoln's crew.

Manabat said that acts were arranged in an order to showcase their variety because the MWR committee wished to allow the

Turn to TALENT, Page 4

Inside

Lincoln's Hash House Harriers go run amuck in Hawaii...
... pg. 3



The Week at A Glance.....
... pg. 5



THIS WEEK IN HISTORY..... 2
SHIPMATES..... 6
SAFETY SAILOR..... 6

News

Legal Note: *How To Protect Your Identity*

A recent theft of a laptop from a Department of Veteran's Affairs employee containing Social Security Numbers (SSN) and other personal information highlights the need to keep your information secure. Passwords, identification documents (military ID, SSN, passport, birth certificate, driver's license) credit card, ATM card, banking and other information are all potential targets of opportunity with long-lasting consequences to your credit and the security of this command.

Steps you can take to protect your information:

- Do not share personal information and identification outside OFFICIAL USE.
- Do NOT share personal information over unsecured means (particularly cell phone, e-mail, open Internet sites).
- Ensure passwords for personal accounts conform to ADP standards (not words, names, or otherwise easily-associated with you or others in your family).
- Regularly review and verify all bills and transactions to ensure you authorized each of these items.
- Consider putting a free fraud alert on your credit report. This will prevent release of your credit information to marketers, but it will also slow down legitimate credit applications made by you.
- Shred ATM receipts, credit card receipts and other bills containing personal identification once you have verified your transactions.
- Use the mail wisely. Do not leave incoming or outgoing mail unattended for long periods of time. SHRED account applications that are not of interest.
- Limit the number of pieces of identification and credit cards that you carry to an absolute minimum. Keep IDs, passports,

credit cards and bank books secured when it is not necessary that they be carried.

- Cancel unused credit cards (saving written records of your cancellation) to improve your credit and minimize risk of unauthorized use.
- Always verify firewalls and virus protection when online.
- Only deal with in-person and online merchants whom you trust and in the most secure setting.
- Do NOT respond with personal information or account verification to unsolicited e-mails or phone calls from any source. Report these incidents immediately to NCIS and Legal Services.
- Avoid unknown or questionable ATMs or banks.
- When typing in or providing a password (telephone card, ATM, etc.), hide the number from anyone that may be observing.
- Order, closely review and protect your free annual credit report at <https://www.annualcreditreport.com>. If you do this, you will receive a consolidated report from the three credit reporting companies. **Warning:** This report is of great value to your financial standing and contains personal information that is all in one handy spot for you (and potential thieves) – you must guard this information and dispose of it with great care.

If you discover any irregularities in your credit report, receive unsolicited e-mails that request account information or have any other questions, do not respond, but do contact the navy legal services office immediately.



PSNS radiography and shipyard safety training is showing on site TV from July 6-22. This training is required for all hands. Check Ch. 5 for show times.



July 7, 1908

The Destroyer Decatur (DD 5) runs aground in Batangas Harbor south of Manila Bay, Phillipines. The ship's commanding officer, Ens. Chester Nimitz, faces a court-martial, but is found guilty of "neglect of duty."

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....	Capt. C.A. McCawley
Executive Officer.....	Capt. (Sel) T. E. Nosenzo
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Assistant PAO.....	Ens. Brett Dawson
Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2 Michael Hart
Staff.....	MCC(SW/AW) Christopher King
	MC1(SW) Joaquin Juatai
	MC2 Michael Cook
	MC3(AW) M. Jeremie Yoder
	MC3 James McGury
	MCSN Ronald Dallatore
	MCSN James Evans
	MCSN Timothy Roache
	MC3 Jordon Beesley

Local News

Abe Sailors Get Their Run On-On

Lincoln's Hash House Harrier's Tear Up Running Trails in Oahu, Hawaii

By MC1(SW) JOAQUIN JUATAI
Penny Press staff

USS Abraham Lincoln (CVN 72) spent the 4th of July holiday weekend in port at Pearl Harbor, Hawaii, and the ship's running club wasted little time taking advantage of liberty to spend some serious time running throughout the island.

Honest Abe's Seagoing Hash House Harriers (HASH3) ran through Waikiki Saturday, July 2, enjoying a jog through the sand and then some of the local nightlife.

Sunday brought their first serious trail run, which took the group through Diamond Head State Park and then a climb to the top of the distinctive volcanic mountain.

According to Hasher, Chief Hull Technician (SW/AW) Duane Menigoz, the sights from the top of Diamond Head more than made up for the difficulties of running up the mountain.

"I could only think of the peacefulness of the endless waves as they washed up to the shore," said Menigoz. He added that the peaceful view was a reward in itself.

Monday, the group ran the trails at Keaiwa Heiau State Recreational Sight. Nestled at the top of Aeia Heights above Pearl Harbor, this trail made for a beautiful, but long run through the jungle. The runners stopped several times to take pictures as the run led to awesome views of the incredible Oahu mountains.

On Tuesday, July 4, the group joined the Honolulu Hawaii Hash House Harriers (H5) for a run at the Kailua Beach State



Photo by AT1(AW) Jim Reed

AT2 Chad Alcock (center), AT2 Aron Hamilton (left) and HTC(SW/AW) Duane Menigoz (right) pause to enjoy the scenery during a run through Keiwa Heiau State Recreation Area with HASH3.

Park on the windward side of the island. This run lead up the nearby cliffs (and back down) before offering runners the option of hitting the ocean for a swim around Kailua Point.

"There's nothing like good times, good people, and sliding down a mountain on your butt," said Yeoman 1st Class (SW) Justin McKaye.

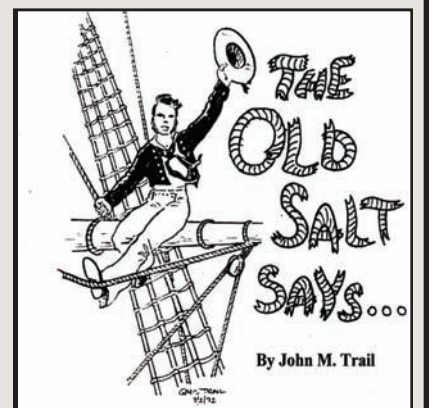
"Fortunately, flash backs of the ocean view took your mind away from the steep drops [on the trail]," he added.

In all, HASH3 runners put in more than 16 miles over the course of the long weekend, enjoying the fun, sun and new sights, as well as meeting Hashers from the local community.

If you are interested in joining Lincoln's chapter of the Hash House Harriers, contact MC1 Juatai at J-7179, or look for postings about the next run on Outlook in the Post-Its.

Channel Fever

"Avast there shipmate," I've seen a lot of you with "channel fever" as we stood into port. This nautical slang is for the excited Sailor standing into home port after a long cruise overseas, panting to get ashore and home to see his loved ones. "Cape Horn fever" is another. It's a malingerer's feigned illness when bad weather blows up or when very hard work was required. "Cape Stiff," "The Horn" or Cape Horn at the southern most tip of South America was always feared by deep water Sailors as the constant stormy weather of the "roaring forties" off the Cape was often so foul that a feigned illness was the only way of keeping out of the death, crippling danger, and horribly miserable conditions a Sailor had to tolerate to work his ship around the Horn.



Local News

Big Bucks Bingo is around the corner!!

Two people from the ship could win an all expense paid trip to the NASCAR Ford 400 in Homestead, Fla.

Winners will stay for three nights, get \$500 dollars spending money and pit/garage passes. Winners will be announced during the pre-blackout drawing during the next Bingo on July 25.



MAUR

TALENT *Continued from page 1*
crew's diversity and personality to shine through.

Manabat added that both ship's company and Sailors from embarked commands were welcomed to participate in the show.

"If an individual (or group) feels that what they have to offer is a talent, then

they are allowed and encouraged to participate," Manabat said. "All acts were welcome."

Various prizes were awarded to Abe Jam's winners, Manabat said that most of the acts performed simply because they enjoyed what they were doing and wanted to share their talent with their shipmates.

The first place winners from Abe Jam

2006 were rappers Airman Brian Courey and Aviation Boatswain's Mate (Handling) 3rd Class Damien Sutherland, who ended up splitting \$150. Store Keeper 2nd Class Ryan Laguna took second place with his dancing skills and moonwalked away with \$100 and blues singing Aviation Warfare Systems Operator 1st Class Paul Noriega took third place and \$75.

Lincoln Sailor Brings Supplies and Smiles



Photo by Air Force Tech. Sgt. Matt Summers

RP1(SW) Tim Brewster, TAD from Abe's Religious Ministries Department, hands out supplies during a recent visit to a refugee camp. Brewster and fellow service members handed out clothes, shoes, stuffed animals and toys to more than 200 families. Brewster is augmenting forces in support of Operation Enduring Freedom.

RIMPAC

Continued from page 1

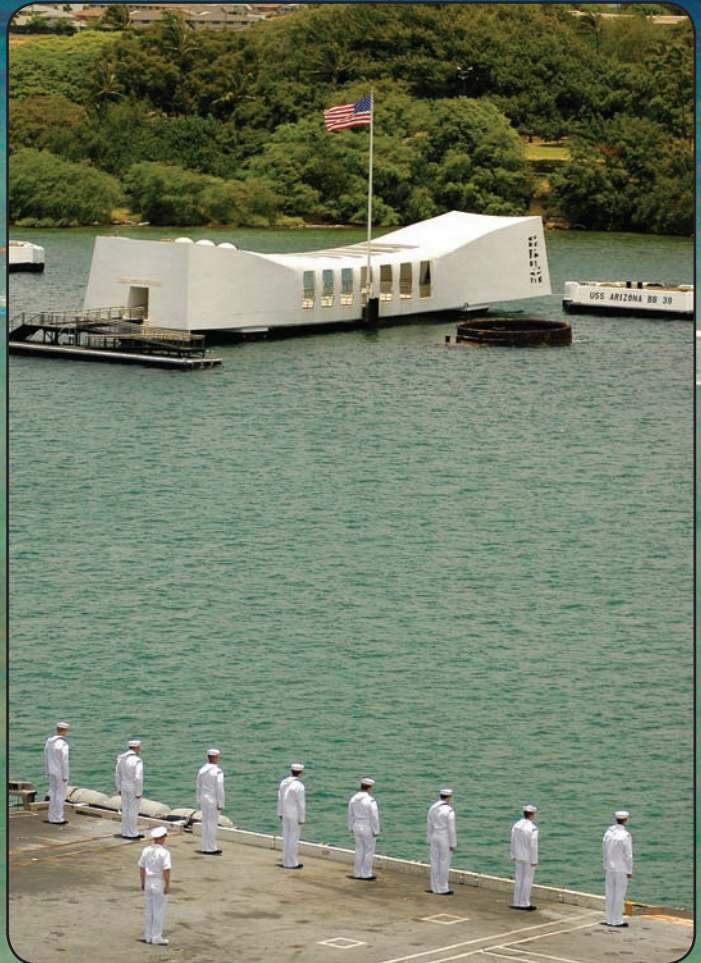
not only between U.S. ships, but with teams from international forces as well.

Sailors also enjoyed liberty, tours throughout the island, and several running events with local chapters of the international Hash House Harriers running club.

Sailors' weekend was capped off with huge fireworks shows and celebrations throughout the island, from the Bay Fest at Marine Corps Base Kaneohe, to a Fourth of July festival at Naval Station Pearl Harbor, both of which welcomed the general public as well as military celebrants.

Lincoln Sailors have turned their focus toward the demanding exercise they are conducting, as flight operations, training and undersea warfare exercises begin in earnest in the Hawaiian operations area.

The Abraham Lincoln Carrier Strike Group is underway for a Western Pacific deployment to strengthen U.S. relations with pacific nations and reinforce the United States' support for allied nations in the region.



*Week At
A Glance*



Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo By MCSN Brandon Wilson

Sailors render honors as USS Abraham Lincoln (CVN 72) passes the USS Arizona Memorial in Pearl Harbor, Hawaii. Lincoln was in Hawaii for the 4th of July weekend before getting underway to participate in RIMPAC exercises.

USS Abraham Lincoln Safety Department's

Safety Sailor of the Week

While using a pneumatic sander, SN Eric Oliver from Deck's 2nd div. ensured his safety by using the proper PPE (double hearing protection and goggles)

Since he was wearing the proper PPE, SN Oliver is this weeks Safety Sailor.



PHOTO BY SK1(SW/AW/SS) RICHARD WARD

SN Eric Oliver



Editor's Top 10

Signs your iPod doesn't work right....

10. You find a leave chit to Tahiti from your iPod in your desk.
9. Instead of working properly, there's a picture of an iPod flipping you off.
8. You bought it in Thailand or Hong Kong for \$15 U.S.
7. You won it from any kind of MWR sponsored event.
6. You find a note from your ipod claiming it just couldn't take your Yanni, Kenny G and Hansen any more.
5. It's scientific proof. 80's butt-rock doesn't mix well with modern technology.
4. Instead of playing music, the iPod plays a string of obscenities.
3. You're Amish.
2. The three foot drop method turned your iPod into numerous iPod pieces.
1. It simply doesn't love you any more.